



School Safety Moment

Update 5

October 15, 2012

Twenty Points to a Safer School

Education begins in the home. Teachers should reinforce the good influences that begin early.

The first teachers are parents, and safety issues start at home. These points are aimed more for parents, though some apply to teachers as well. All of us should communicate these practices to enhance the school experiences. The references listed are a small sampling of information that is available.

1. **Spend as much quality time with your child as possible.** There is a direct relationship between the amount of time parents or guardians spend with their children and how well they do in school.
(<http://www.parenting-child-development.com/parenting-tips.html>)
2. **Volunteer to serve as a mentor.** There are many students who *need* a mentor for their academic, social, emotional, physical, and social development.
(<http://www.oprah.com/oprahradio/The-Importance-of-Mentoring>)
3. **Strictly minimize your child's TV time.** Some students spend as much time watching TV as they spend in school. An hour spent on TV is an hour not spent reading, working chores, or doing some other constructive activity.
(<http://www.pediatricsdigest.mobi/content/118/5/e1303.full>)
4. **Minimize exposure to media violence including violent video games.** Studies have shown that media violence can shut down the left side of the brain which can negatively impact judgment. (<http://communications.medicine.iu.edu/newsroom/stories/2011/violent-video-games-alter-brain-function-in-young-men/>)
5. **Eat dinner as a family.** Breaking bread together is a powerful anti-drug influence. It also helps build social bonding essential for long-term success. (<http://>

www.boston.com/community/moms/articles/2005/09/22/a_surprising_anti_drug_dining_as_a_family/

6. **Spend at least one night a week when the family can play games or do activities together.** This can be done regardless whether there are two parents, one parent, or a guardian at home. (<http://www.ehow.com/family-ideas/>)
7. **Know your children's friends.** Take action if you believe your children's friends are a bad influence.
(<http://www.wickedlocal.com/arlington/news/lifestyle/x1780494226/Are-your-children-s-friends-a-bad-influence#axzz24wmzYvXt>)
8. **Install a filter on your internet access at home.** Since you can't be with your kids all the time they are online, filtering internet access prevents exposure to harmful content. (http://www.staysmartonline.gov.au/home_internet_users/protect_your_children)
9. **Monitor your kids' online activities when possible.** They'll say you're intruding, but they'll know you care.
(<http://mycpanda.hubpages.com/hub/Monitoring-Child-Internet-Activity-Essential-Parenting>)
10. **Know your school's principal.** The principal can be a powerful agent in solving problems at school.
(Knowing your school's head administrator is never a bad idea)
11. **Be involved in parent/teacher conferences.** It is very important to know what the teachers are observing regarding your son or daughter.
(<http://www.nea.org/tools/parent-teacher-conferences.html>)
12. **Follow your intuition telling you when something is wrong.** This is one of the most important things on the list. Don't write off the messages from intuition.
(From a number of parents)
13. **Adopt a non-confrontational way of doing business with school officials.** School officials are helpful and they are in a key position to help your son or daughter.
(Endorsed by 100% of everyone who has ever run a school...☺)
14. **Encourage kids to be involved in afterschool activities.** Students who are involved in afterschool activities/programs benefit in many measurable ways.
(http://www.afterschoolalliance.org/issue_briefs/issue_rural_4.pdf)
15. **Live the guiding values you profess.** This is one of the very best things a parent or guardian can do. Behavior at home often turns up in the classroom.
(http://www.ehow.com/how_2283410_teach-child-good-values.html)

16. **Always speak in a balanced and kind voice at home.** Again, what happens at home has a way of popping up in the classroom.
([Just going by experience on this one...](#))
17. **Don't tolerate substance abuse.** The standards (or lack thereof) set in the home may last several generations. Effects of substance abuse can include violent behavior, psychiatric disorders, neurological impairment, and developmental impairment. (<http://www.ncbi.nlm.nih.gov/books/NBK64258/>)
18. **Set academic and other goals with your children.** Goals are an important key to unlocking the dreams of the next generation. (Side note: Post goals on the refrigerator. Goals posted on the refrigerator tend to ... happen.)
(<http://www.bgca.org/BackToSchool/Documents/Helping%20Children%20Set%20Goals.pdf>)
19. **Promote resilience in children.** Resilience and emotional well-being have a very powerful effect on how well youth holistically do in school.
(<http://cecp.air.org/familybriefs/docs/Resiliency1.pdf>)
20. **Know the tip line, 1-800-78-CRIME.** This is a number you or your children/students can call to warn others of danger or help solve a crime, either at school or at home.
(www.wetip.com)

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